

Code	NAME	Energy Value (kcal)		Protein (g)		Carbohydrate (g)		Tot.Sugar (g)		Fat (g)		Sat.fats (g)		Dietary Fibre (g)		Salt (g)	
		Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g
	NIBBLES AND SIDES																
224	prawn crackers gf	122.5	266.4	0.3	0.6	21.3	46.3	5.7	12.4	4	8.7	0.3	0.6	0	0	0.49	1.05
264	edamame with celery sea salt gf vg	179.8	119.8	17.7	11.8	13.2	8.8	3.2	2.2	7.7	5.1	0.9	0.6	7.7	5.1	1.5	1
93	smoked almonds and salted cashew nuts gf vg	369.6	616	12.5	20.9	7.4	12.3	2.8	4.7	32.3	53.8	4.4	7.4	1.3	2.3	0.23	0.39
83	seaweed salad vg	226	226	1.1	1.1	7.9	7.9	1.9	1.9	2	2	0	0	1.9	1.9	0.76	0.76
287	long steamed broccoli v	52.6	40.1	3.8	2.9	5	3.8	1.7	1.3	2	1.5	0.4	0.3	2.8	2.1	1.1	0.8
167	dipping sauces																
53	hoi sin sauce vg	66	219.8	0.7	2.3	14.5	48.3	11.8	39.2	0.6	2.1	0.1	0.2	0.3	1.2	1.3	4.3
54	sesame dip v	133.2	444	0.9	3	4.44	14.8	n/a	n/a	12.36	41.2	n/a	n/a	0.3	0.1	0.9	3
55	smoky orange sauce vg	27.3	91.1	0.4	1.2	6.2	20.7	5.9	19.8	0.1	0.4	0	0.1	0	0.1	0.73	2.42
56	soy ginger sauce vg gf	50.2	167.4	1.4	4.6	9.7	32.3	8.3	27.7	0.8	2.7	0.1	0.2	0.2	0.5	1.8	6
57	spicy sesame sauce vg	49	163.3	0.6	2.1	3	10.1	2.6	8.6	3.8	12.8	0.6	2.1	0.2	0.6	0.95	3.15
58	sweet chilli sauce vg gf	32.6	181	0.076	0.42	8.3	46	6.9	38.6	0.06	0.33	0	0	0	0	0.45	2.5
59	spicy mango sauce v	23.1	77	0.1	0.4	5.6	18.7	5.1	16.9	0	0.1	0	0	0	0	0	0.01
510	wu xiang sauce vg	33.7	198	0.17	1	4.3	25	0.43	2.5	1.9	11	0.12	0.7	0.05	0.3	0.77	4.5
511	chopped red chilli vg gf	7.8	26	0.5	1.8	1.2	4	1.2	4	0.1	0.3	0	0	0	0	0.01	0.03
512	chilli mayonnaise v	143	476.5	0.3	0.9	1.5	4.9	1.5	4.9	15	49.9	1.1	3.8	0	0	0.11	0.37
	CRISPY AND BAKED																
56	honey-glazed spare ribs gf	827.9	324.3	46.9	18.4	25.1	9.8	25.3	9.9	60.2	23.6	14.2	5.6	1.8	0.7	4.4	1.7
288	honey-soy chicken skewer	205.2	171	17.8	14.8	8.8	7.3	7	5.8	12	10	3.8	3.2	0	0	1.08	0.9
319	smoked sriracha wings	644.3	322.2	19	9.5	3.5	1.7	3.2	1.6	61.7	30.8	6.5	3.3	0	0	0.7	0.35
28	mixed vegetable spring roll vg	214.1	285.5	2.4	3.3	19.8	26.4	2.2	2.9	14	18.7	2.4	3.2	1.2	1.5	1.5	2
186	potato edamame cake v	115.7	144.6	2.3	2.8	15.5	19.4	0.8	1	5.1	6.3	1.1	1.3	1.1	1.4	0.24	0.29
26	duck spring roll	111.4	129.3	6.4	8	14.9	18.6	4.7	5.8	3	3.7	0.7	0.9	1.7	2.1	0.74	0.92
32	prawn toast with sesame seeds	220.2	367	5.8	9.7	5.8	9.6	0.9	1.5	19.4	32.3	3	5	0.3	0.5	0.6	0.99
270	stir-fried cauliflower v	298.4	99.5	6.8	2.3	15.6	5.2	12	4	23.5	7.8	3.1	1	5.1	1.7	0.4	1.2
278	aubergine barley spring roll vg	179	249	2.4	3.3	18	25	5	6.9	10	14	1.7	2.4	0.5	0.7	0.94	1.31
182	cantonese mushroom puff v	406.3	270.9	5.6	3.7	34.3	22.9	2.5	1.7	27.6	18.4	15.4	10.2	1.8	1.2	1.4	0.9
1	roast pork puff	490.7	377.5	11.1	8.6	48.3	37.2	14.9	11.5	28.3	21.8	7.1	5.5	1.6	1.2	1.6	1.2
	DUMPLINGS																
354	shanghai chilli veg wonton vg	208.6	143.8	14.1	9.8	21.5	14.8	6.3	4.3	7.9	5.4	1.3	0.9	1.6	1.1	1.5	1
331	shanghai chilli chicken wonton	259.5	173	15.1	10.1	24	16	8.9	5.9	11.6	7.7	1.3	0.9	1.5	1	1.3	0.9
109	shanghai xiaolongbao	172.8	198.6	10.1	11.7	20.1	23.1	1.3	1.5	5.9	6.8	1.6	1.9	1	1.2	0.86	0.99
126	cruchy golden dumpling vg gf	101.6	125.4	0.5	0.6	17.1	21.1	3.2	4	3.5	4.3	0.5	0.6	0.8	1	1.1	1.3
19	spicy chicken dumpling	110.3	136.2	3.9	4.8	19.4	24	1.6	1.9	3.9	4.8	1.5	1.9	0.1	0.1	0.99	1.22
137	chicken and cashew nut dumpling	134.2	165.6	8	9.9	20.9	25.8	2.8	3.5	2.7	3.3	1	1.2	1.1	1.3	0.78	0.96
6	chive dumpling gf	111.4	148.6	5.2	6.9	15.4	20.5	1.5	2	5.3	7	0.8	1.1	0.3	0.4	0.69	0.92
132	black prawn dumpling gf	132	147	7	6.3	18	20	1.8	2	3.15	3.5	1.35	1.5	3.15	3.5	0.95	1.05
11	pork prawn shu mai	189	225	10.8	13	12	14	2.1	2.4	10.8	13	3.3	3.8	0.3	0.3	1.26	1.5
17	spicy vegetable dumpling vg gf	109	134.5	0.5	0.7	21	26	2	2.5	4.5	5.6	1.7	2.1	0.2	0.3	1.1	1.4
7	har gau gf	120	161	5.7	7.7	14.7	19	0.9	1.1	6	7.9	0.9	1.2	0.3	0.2	0.54	0.73
225	spinach and mushroom dumpling vg	114.4	152.5	6.1	8.1	24.1	32.1	3.2	4.3	2.3	3	0.4	0.5	1.2	1.6	1.4	1.8
299	beef kimchi gyoza	161.8	192.7	7.4	8.8	20.5	24.4	1	1.2	5.7	6.7	2.1	2.5	1.2	1.4	0.3	0.36
22	beijing quinoa gyoza vg	123	89	8	5.8	26.6	19.3	7.7	5.6	12.6	9.1	2.4	1.7	2.1	1.5	2.3	1.7
	BAOS / BUNS																
23	char sui bun	229.5	244.1	6.7	7.2	48	51.1	20.8	22.1	1.5	1.5	0.4	0.4	1.7	1.8	1.2	1.2
179	cantonese mushroom bun vg	217.1	226.1	4.2	4.4	45.4	47.2	16.6	17.3	2.4	2.5	0.5	0.5	1.5	1.6	0.71	0.74
243	chilli prawn bao	396.4	208.7	12.2	6.4	52.1	27.4	18.2	9.6	15.8	8.3	1.4	0.7	2.4	1.3	0.95	0.5
321	crispy duck bao	438.5	227.2	22.3	11.5	46	23.8	15.1	7.8	18.6	9.7	5.1	2.6	1.8	0.9	1.2	0.6
322	crispy aubergine bao vg	486	213	5.3	2.3	51	22	23	10	29	13	2.3	1	2.6	1.1	0.91	0.4
	RICE, NOODLES, SOUPS AND SALADS																
102	hot and sour chicken soup	116.7	41.7	10.4	3.7	16.7	6	6.5	2.3	1.3	0.5	0.3	0.1	5.6	2	2	0.7
103	hot and sour veg soup vg	70.8	28.3	1.3	0.5	16.7	6.7	6.5	2.6	0.2	0.1	0	0	5.6	2.2	1.9	0.8
69	honeyed chilli chicken and mushroom rice pot	329.5	118.9	16.7	5.1	61.4	18.6	9.6	2.9	9.8	3	1.7	0.5	3.4	1	3.7	1.1
323	braised chilli aubergine rice pot vg gf	417.8	104.4	13.2	3.3	63.5	15.9	9.6	2.4	12.9	3.2	1.5	0.4	3	0.8	3.7	0.9
39	prawn and scallop sticky rice	90.9	129.9	3.8	5.4	9.1	13	1.9	2.7	4.4	6.2	0.7	1	0.4	0.5	0.79	1.13
38	vegetable sticky rice vg	77.3	110.4	0.9	1.3	8.8	12.6	2.8	4	4.3	6.1	0.7	0.9	0.5	0.7	0.56	0.79
2	plain rice vg gf	226	133	3.9	2.3	52	31	0	0	0.7	0.4	0.2	0.1	n/a	n/a	0.02	0.01
203	shanghai chicken noodles	398.4	112.2	22.1	6.2	65.9	18.6	5	1.4	4.6	1.3	0.5	0.1	1.1	0.3	2.3	0.7
203L	large shanghai chicken noodles (600g)	636.6	114.5	37.8	6.8	102.1	18.4	9.4	1.7	7.7	1.4	0.8	0.1	1.2	0.2	4.2	0.8
215	shanghai aubergine noodles vg	393.7	93.7	12.4	3	68.1	16.2	7.8	1.8	7.5	1.8	0.7	0.2	1.1	0.3	3.3	0.8
215L	large shanghai aubergine noodles vg (700g)	632.2	87.7	18.8	2.6	106.9	14.8	15.4	2.1	13.7	1.9	1.3	0.2	1.5	0.2	6.3	0.9
	DESSERTS																
46	chocolate fondant v gf	416	416	6.7	6.7	29	29	28	28	30	30	14	14	0	0	0.07	0.07
133	coconut mochi v gf	82.24	257	0.96	3	11.52	36	7.8	24.4	3.6	11.2	2.7	8.5	0.74	2.3	0.03	0.1
133	hazelnut mochi v gf	78	224	1.1	3.3	11.2	35.1	7.8	24.3	3.2	10	1.4	4.5	0.2	0.5	0.04	0.13
13	ginger cake v	285.8	259.8	4.4	4	43.7	39.7	24.9	22.6	10.7	9.7	6.3	5.7	1.5	1.3	1.1	1
251	baked yuzu cheese cake v	340	340	4.9	4.9	26.2	26.2	17.5	17.5	23.9	23.9	13.7	13.7	0.4	0.4	0.5	0.5
53	ice cream / sorbet vg gf																
	vanilla	134.4	224	2.64	4.4	11.82	19.7	11.82	19.7	8.1	13.5	4.92	8.2	0.096	0.16	0.09	0.15
	chocolate	150	250	2.64	4.4	13.98	23.3	13.8	23	7.26	12.1	4.44	7.4	0.73	1.22	0.13	0.22
	praline	167.7	279.61	2.12	3.54	19.9	33.28	n/a	n/a	8.82	14.7	2.55	4.25	n/a	n/a	n/a	n/a
	cherry vg	94.8	158	0.6	1	24	40	22.2	37	0.6	1	0.6	1	n/a	n/a	0.12	0.2
	coconut ash	87	145	2.1	3.5	9.12	15.2	9.12	15.2	4.68	7.8	3.42	5.7	n/a	n/a	0.06	0.1